



# Senior Soundings

*The Newsletter of the Groton Council On Aging*

*It's not about age, it's about attitude!*

July 2015



1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

Hours: M-F 8:00am - 4:00pm

## Welcome to the Neighborhood

The Groton Council on Aging is pleased to announce that we have officially become a neighborhood through Groton Local's **Neighborhood Food Project**. Groton Local is a non-profit organization dedicated to reducing energy consumption, promoting local food and economy, and striving to ensure sustainability for future generations and within these parameters they have established the **Neighborhood Food Project**. The intent of the project is to help Loaves and Fishes have a steady supply of nutritious food throughout each season.

Within Groton there are 15 Food Project neighborhoods and we, the COA, have become one of them. Some of the neighborhoods are actually ones but others, such as ours and town hall, are virtual ones. To begin we will have our bright green bags in the lobby and accept your donations when you come to the senior center. Every other month those bags will be delivered to Loaves and Fishes and then we will fill them again! As we grow, we will encourage those interested to take a bag home with them, make contributions to your bag and then on the assigned date, a neighborhood coordinator will pick up your bag, leave you a new one, and make the delivery to Loaves and Fishes. This process ensures the pantry will have plenty of food throughout the year, not simply through the holiday season when the majority of donations are received.

Modeled after the Ashland Food Project in Ashland Oregon, the success of the Groton **Neighborhood Food Project** has been extraordinary. Last month they collected 747 pounds of food! We are excited to be part of their success! Please remember the Neighborhood Food Project when you do your grocery shopping and if you would like to have a bag of your own to fill please call the senior center.

*Kathy*



### Mission Statement:

The Groton Council on Aging seeks to enrich the lives of Senior Citizens by providing opportunities for learning, leisure, creativity, health and fitness, information and referral, and social services.

### Staff

#### Director

Kathy Shelp

[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

#### Outreach Coordinator

Stacey Shepard Jones

[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

#### Activities/Volunteer Co.

Kathy Santiago

[ksantiago@townofgroton.org](mailto:ksantiago@townofgroton.org)

#### Maintenance

Tryna Walsh

Jimmy Kuzmitch

#### Van Driver

Hal Burnett

Alan Sinclair

John Marriner

#### Selectmen Liaison

Peter Cunningham

#### Senior Liaison

Police Officer

Kevin Henehan

### COA Board of Directors

#### Chairman

Maydelle Gamester

#### Vice Chairman

Marie Melican

#### Treasurer

George Faircloth

#### Secretary

Gail Chalmers

#### Members

Ellen Baxendale

Charlotte Carkin

Richard Marton

Vera Strickland

Eddie Wenzell

## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

I hope you're all enjoying the beautiful weather!



Some of you may not know about the Massachusetts Senior Legal Helpline 1-866-778-0939. The Helpline provides FREE legal information, advice, and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including:

- |                       |                |
|-----------------------|----------------|
| * Social Security/SSI | * Guardianship |
| * Veterans Benefits   | * Nursing Home |
| * Powers of Attorney  | * Foreclosures |
| * Mass Health         | * Bankruptcy   |
| * Medicare            | * Evictions    |
| * Consumer issues     | * Family       |
| * Landlord/Tenant     | Unemployment   |
| * Public Benefits     | * Utilities    |

If you get the voicemail, please leave your name, telephone number and the town where you reside, and they will return your call within 2 business days.

Just a reminder that the Farmers' Market Coupons will be available in July. The coupons are intended for low-income Groton seniors. If you are interested in receiving them, please give me a call to put your name on the list. The coupons are limited.

Stacey

## Veterans

Are you a military veteran or do you have a friend or relative who is a veteran? In the past the Defense Department provided a bugler to perform Taps at a veteran's funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in in the United States and in other countries. If you are a veteran make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on [www.buglesacrossamerica.org](http://www.buglesacrossamerica.org). The service is free.



## Notice to Medicare Subscribers

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. **You must pay close attention to the time limits for appeals!**

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation.

**MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call the senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

## Meals On Wheels

Would you or someone you know benefit from a home delivered meal and a daily visit from a volunteer. Meals on Wheels provides meals to seniors who need help preparing their meals and are homebound with the added benefit of a daily friendly hello.

The service can help:

1. On temporary basis if you've just had surgery or have been ill.
2. On a long-term basis.

Volunteers from Groton will deliver your meal between 11:30am and 12:30pm, Monday—Friday (except for holidays).

For more information, please call the COA Outreach Director, Stacey Shepard Jones, 978-448-1170.

## July: A Month of Mozart

at the Groton Senior Center Call to register : 978-448-1170

Sponsored by Friends of the Groton Elders

Learn about Mozart, his life and his music and then join us for a superb afternoon at Tanglewood for the **All Mozart** concert.

Monday, July 6 10:00am

### Enjoy the 1985 movie *Amadeus*

The incredible story of Wolfgang Amadeus Mozart, told by his peer and secret rival Antonio Salieri from his confinement in an insane asylum.

Monday July 13 10:00am

### From the BBC Great Composer Series : Mozart

"It's retrospectively that we've constructed this myth of this amazing angel with a supernatural talent, who then was taken away from us too soon."

The above quotation comes from the beginning of this documentary that presents the life and works of whom many consider to be the greatest composer who ever lived, Wolfgang Amadeus Mozart (1756 to 1791). Besides learning about the man behind the music we also get to hear, through actual performances, beautiful extracts of his music.

Monday, July 20 10:00am

### Dissecting the Symphonies

We will review the Mozart pieces for the upcoming Tanglewood Concert: Symphonies No. 39, 40 and 41, Jupiter. Instructor TBD

A Sunday Afternoon at Tanglewood

Boston Symphony Orchestra

### *All Mozart Program*

Sunday July 26

Cost: \$72 for seniors \$97 for non seniors

Includes: transportation, ticket, dinner and driver's gratuity  
We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. While in transit Groton resident and previous symphony chorus member John Murphy will share the history of Tanglewood then once we arrive you will have a few hours to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner (TBD) and then make our way home arriving at approximately 9:00pm.

## Some Games We Play

### Cribbage

Mondays 12:30pm

Cost: none

Visually, cribbage is known for its scoring board, a series of holes on which the score is tallied with pegs but it is a card game for 2-4 players per board. Join us for great play and great conversation! If you don't know how to play we will teach you.

### Mahjong

Tuesdays and Thursdays 1:00pm

Cost: none

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards.

### Hand & Foot

Tuesday and Thursdays

12:30pm

Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the **hand**, which is played first, and the **foot**, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!



### Bridge

Fridays 12:30pm

Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication. Great for brain health!

## Friends of the Groton Elders and the Merry Trippers

December 29, 2015 – January 2, 2016,

### CALIFORNIA NEW YEAR'S GETAWAY

featuring the Tournament of Roses Parade, highlights include Float Viewing, Bandfest, New Year's Eve Party, Tournament of Roses Parade. \$2399 pp double occupancy. \$250 deposit with reservation by July 18, 2015.

See fliers at the senior center for details.

As always, transportation is provided from Groton to Logan Airport, roundtrip. You may receive additional information or clarification by calling Nyola at 978-692-8608 or email [nyolav@verizon.net](mailto:nyolav@verizon.net).

# Groton Senior Center Activities

July 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Strength Training 12:00 <i>July 4th Celebration</i>	2 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	3 
6 10:00 Strength Training 10:00 <i>Immerse in Mozart—Movie: Amadeus</i> 12:00 Groton Swim 12:30 Cribbage	7 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	8 9:00 Book Club 10:00 Strength Training 12:00 <i>Pizza and a Flick "Selma"</i>	9 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	10 VAN Walmart 10:00 Strength Training 12:00 Groton Swim 11:15 Hearing Screenings
13 10:00 Strength Training 10:00 <i>Immerse in Mozart—BBC Documentary</i> 12:00 Groton Swim 12:30 Cribbage	14 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	15 10:00 Strength Training	16 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	17 VAN Westford Market Basket Plaza 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
20 10:00 Strength Training 10:00 <i>Immerse in Mozart— the Symphonies</i> 12:00 Groton Swim 12:30 Cribbage	21 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Creative Creations 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	22 10:00 Strength Training	23 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	24 VAN Christmas Tree Shop 10:00 Strength Training 12:00 Groton Swim
27 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	28 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	29 10:00 Strength Training	30 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	31 VAN 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge



**Call David Tellier today!**  
Find out how much your property is worth in today's market.

Cell: 978-448-3400 | Office: 978-448-8288  
Email: david@homefitter.com



## This Space Available



**For Information On Advertising,  
Please Call Our Representative**

Susanne Carpenter  
1-800-888-4574 x3451 or  
email: scarpenter@4lpi.com



Liturgical Publications Inc.  
Connecting Your Community™



# WE JUST WANT TO SAY... **THANK YOU!**

On behalf of the Groton seniors and COA staff we thank the **Groton Police Department** for Police Picnic held on June 10th. As usual it was a fabulous afternoon with juicy burgers, and incredible prizes! Thank you so much for all your time and energy!



We also want to thank the following businesses for their generous donations which help make the event extraordinary!

Andy's Auto  
 Anytime Fitness  
 Blackbird Café  
 Clover Farm General Store  
 Community Chiropractic  
 Country Farms  
 Country Village Yarn Shop  
 Craven's Package Store  
 CVS  
 Donelan's Supermarkets  
 Dunkin's Donuts  
 Filho's Cucina  
 Groton Center Farms  
 Groton Collision Repair  
 Groton Exchange  
 Groton Fire Department/EMS  
 Groton House of Pizza  
 Groton Pool & Golf Center  
 Groton Veterinary Hospital  
 Hollingsworth & Vose  
 Kazanjian's Groton Nursery  
 Lavender  
 Lawrence Academy  
 MacGregor Electric  
 Middlesex Savings Bank  
 Moison Ace Hardware  
 Murphy Insurance Company  
 Murphy Plumbing & Heating  
 North Middlesex Savings Bank  
 R.C. Black Company, Inc.  
 The Main House  
 Workers' Credit Union

## *Day Trips with Curmudgeon Jay Darrin*

### **Please note our new Trip Policies**

- Due to the popularity of the day trips they will go on sale to **Groton** residents 2 weeks prior to non-residents.
- Please note the on-sale dates listed with each trip.
- We ask for payment one month prior. Refunds will be given if money has not been paid to vendors, if we can fill your seat from the waiting list and if we have to cancel.
- Registrations are open until all seats are filled.
- Minimum of 10 participants per trip and maximum 14.

### **Boston Duck Boats**

Monday, September 14

Depart the senior center 8am and return 3:30pm  
Cost: \$47

Following the 90 minute cruise on the Duck Boats we will head to Quincy Market for lunch on your own and some shopping!

On sale:

Groton Residents: Wednesday, July 1  
Non-Residents: Wednesday, July 15

### **Castle-in-the Clouds**

Friday, October 23

Depart from the senior center 9am and return 4:30pm.  
Cost \$54

After a scenic ride above Lake Winnepesaukee we'll enjoy lunch at Castle's Gate House Restaurant.

Following lunch we'll tour the Castle and time permitting, we'll stop at the Moultonborough Country Store on our way home.

On sale:

Groton Residents: Wednesday, July 1  
Non-Residents: Wednesday, July 15

Coming in December

### **Christmas at Blithewold Mansion**

Bristol, RI

On sale:

Groton Residents: Wednesday, September 30  
Non-Residents: Wednesday, October 14

## Creative Creations

Please register by calling the senior center

Tuesday, July 21 10:00am

### Flower Picture and Stamping

Cost: none

Through the generosity of a donor we have hundreds of stamps, stamp pads and some amazing markers. They will all be available for card making and experimentation!

Tuesdays, Sept 8, Oct 13 & Nov 3

10:00am

### Scrapbook 2016 Calendar

Cost: \$5

(class size is limited please sign up early)

A project unique enough to give as a gift or treasure for yourself. Each session we will create 4 months of a calendar using professional scrapbooking techniques. In the end you will take home an 11x17 2016 calendar.

## Pizza and a Flick

Please reserve your seat by calling the center or stop in  
Sponsored by *Right at Home*

Wednesday, July 8 12:00pm

### "Selma"

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Wednesday, August 5 12:00pm

### "The Best Exotic Marigold Hotel"

A small group of British retirees learn that the life they want to live might not be the life they need to live after pooling their resources to spend their twilight years in a unique setting located in India. But just when it starts to seem that the privileged seniors have been swindled out of their life savings, they summon the courage to sever their ties to the past, and embrace their new life with a sense of wonder and adventure. Tom Wilkinson, Maggie Smith, Judi Dench, Bill Nighy, and Dev Patel star in this uplifting comedy-drama

Wednesday, August 12 12:00pm

### "The Second Best Exotic Marigold Hotel"

The 2015 Sequel to last week's movie!

Hot dogs for lunch this week!

## Special Events

Please make your reservation by calling the center,  
978-448-1170

Celebrate the 4th!  
July 1 12:00pm  
Cost: None



Through the generosity of Groton residents Ebi and Deserie Masalehdan we will be treated to a holiday BBQ complete with Chicken Kabobs, salads and cake for dessert. Following lunch relax and enjoy the music of former Groton COA Outreach Director **Debbie Thompson** and Bob Wright of the Main Street Café with their band, Back to the Garden.

**Please make your reservation by Friday, 6/ 26**

## Concert

### The Glen Mill Orchestra

Friday, July 10  
NARA Park Amphitheater  
Acton

Cost: \$10.00

The concert begins at 7pm however we will depart the senior center in our vans at 5:30pm to get seating. Food vendors are available, coolers are not permitted. It is an outdoor venue with no seating so bring a folding chair!

Payment is needed at registration.

In the event the concert is cancelled due to weather, the tickets are non-refundable but would be honored at future events at the amphitheater

## Book Club

July 8  
2nd Wednesday 9:00 AM

Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members.

## HELP PROTECT YOUR FAMILY

Installing a Security System may qualify you for a discount on your Homeowners Insurance

**CALL NOW! 1-888-862-6429**



**ALETA MANUGIAN**  
Attorney at Law

Real Estate  
Wills and Trusts  
Elder and Estate Planning

112b Boston Road  
Groton, Massachusetts 01450  
aleta@manugianlaw.com  
978.448.8800  
978.448.8801 fax



Thank You to our  
Sponsors for their support



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation,  
call **978-287-8300** or **1-888-220-5343**.

### Nashoba Nursing Service & Hospice

**"Your Community, Your Choice Since 1931"**

*A community partnership  
established in 1931 under  
the auspices of Nashoba  
Associated Boards  
of Health*

**Providing Home  
Health Care, Hospice  
and Public Health  
Services**

24 hours/day - 7 days/week



**Tel: (978) 425-6675  
(800) 698-3307**

Two Shaker Rd., Suite D225  
Shirley, MA 01464

**www.nashoba.org**

Ashburnham • Ashby • Ayer • Berlin • Bolton • Boxborough  
Dunstable • Groton • Harvard • Lancaster • Littleton  
Lunenburg • Pepperell • Shirley • Townsend  
and surrounding communities

## Janet Jennings Home Hair Care



For your convenience or for the homebound client  
Services for Men and Women



**978-449-9685**

## PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



**\$19.95\*/Mo. + 1 FREE MONTH**

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

**TOLL FREE: 1-877-801-5055**

\*First Three Months

**HOLIDAY  
SPECIAL**



**SeekAndFind.com**  
is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.  
Show them your support!



## Transportation Information

*Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA*

**NEW** **Serving outlying Medical services**

**Boston, Concord, Burlington, and the VA**

This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

**Tuesdays:** Serving **Boston area hospitals:**

Mass General, Dana Farber, Brigham & Women's, Boston VA  
Please make your appointments between the hours of 11am and 1pm.

**Thursdays:** Serving **Emerson, Lahey and Bedford VA**

Please make your appointments between the hours of 10am and 2pm.

**Round Trip Fees: Boston \$15, Emerson \$5, others \$10  
No charge for the Va**

*This is a new service with policies subject to change. Please call if you absolutely cannot get an appointment within the requested hours and we will do our best to accommodate you.*

---

### **Local Trips**

*within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton*

Medical      Social      Shopping

**Mondays, Tuesdays, and Thursdays:** Appointments begin 9am and must be completed by 2:30pm.

**Wednesdays:** Visit to Loaves and Fishes (no charge for this) and appointments beginning 10:30am and must be completed by 2:30pm.

**Fridays:** Special shopping trips and senior center activities

**Friday Special Shopping:** 9:00 AM - 1:00 PM

**1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza

**4<sup>th</sup> Friday:** Trips around Christmas Tree Shop, Nashua

**Round Trip Fees:**

***Trips to Senior Center no charge***

In-Town \$3.00      12 Ride Voucher \$30

Out-of-Town \$4.00      12 Ride Voucher \$40

## Cultural Excursion

transportation on the COA van

### **Tower Hill Botanical Gardens**

**Boylston, MA**

Friday, July 31

Depart from the center 10am      Cost : \$9.00

Tower Hill Botanic Garden is New England's year-round botanic garden, a living museum of plants exquisite in every season. Several distinctive gardens arrange plants according to an overall Master Plan, that includes a Lawn Garden, Secret Garden, Systematic Garden, Cottage & Vegetable Garden, Wildlife Refuge Pond, Winter Garden, and more.

## Health and Wellness

Please register by calling the center or stop in and register at the front desk.

### **Ask the Nurse**

2<sup>nd</sup> Thursday of each month

**Thursday, July 9** 11:30 -1 PM

Sharon Fata, R.N. Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

---

### **Hearing Screenings**

**Friday, July 10**

2nd Friday of each month 11:15am-1pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

---

### **Strength Training**

Summer hours 10am M,W and Fri

Cost: none during the summer

Elaine Corsetti, our instructor takes the summer off and thoughtfully leaves us with a great DVD to maintain our program.

Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

### **Yoga**

*Supported by the Friends of Groton Elders.*

Thursdays, 10:00 - 11:00 AM

Cost: \$3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.

**Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.**

Reservations will not be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**